



See our website:
www.teanauyoga.co.nz
 Email contact:
teanauyoga@gmail.com



TE ANAU YOGA



May

Te Anau Yoga, Issue 30



Te Anau Yoga is a non-profit organization. Our purpose is to ensure yoga is permanent offering within the community and to support and strengthen the abilities of local yoga teachers through further education and training

We aim to get these to you every month and keep you updated on class schedules, teacher information and interesting wellness articles.

Along with our Facebook page

www.facebook.com/Te-Anau-Yoga, you can find us at
www.teanauyoga.co.nz

Class Schedule

From May 1st – May 31st

Mon night with Alina <i>Flexibility, Strength, Balance</i>	6:00 -7:00pm
Tue lunch with Alina <i>Relax and Unwind</i>	12:00 - 1:00pm
Wed night with Noeleen <i>Hatha Yoga</i>	5:30 - 6.30pm
Thurs morning with Noeleen <i>Morning Awakening</i>	6:00 -7:00am
Thurs lunch with Tammy <i>Vinyasa Flow</i>	12:05 -1:05pm

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NEWS

Classes

- Tammy will teach Noeleen's Wednesday night class on May 15th.
- Noeleen's morning class on **Thursday 16th will be cancelled**. Sorry for any inconvenience
- Alina will teach both Tammy's lunch classes on Thursday 2nd & Thursday 23rd of May.

Events

- Noeleen will make a **Ying Yoga Night** on Friday 10th May from 7- 8.15pm.
(\$10 members - \$15 nonmembers)
- Suraj Khalsa will offer a workshop, **Introduction to Kundalini**, see poster below with info.
*For booking please write to teanauyoga@gmail.com

What is Kundalini

Kundalini Yoga as taught by Yogi Bhanan® is considered the most comprehensive of yoga traditions, combining meditation, mantra, physical exercises and breathing techniques; it is a Raj Yog, encompassing the eight limbs of yoga into a singular practice of excellence and ecstasy.

"Kundalini" literally means "the curl of the lock of hair of the beloved." This poetic metaphor alludes to the flow of energy and consciousness that exists within each of us, and enables us to merge with – or "yoke" – the universal Self. Fusing individual and universal consciousness creates a divine union, called "yoga."

The Upanishads, dating back to the fifth century B.C., describe the kundalini, although the oral tradition reaches back further into history. For thousands of years, this sacred science and technology was veiled in secrecy, passed along verbally from master to chosen disciple.

i am
divine
connected
expressive
loved
strong
creative
safe

Kundalini Yoga

as taught by Yogi Bhajan

❖ An introduction with Suraj Khalsa ❖



Saturday May 11

2 - 4 pm
\$ 25

Nadi Wellness, Queenstown NZ

Bookings:

nadimanager@gmail.com

www.yoganadi.co.nz



Sunday May 12

2 - 4 pm
\$ 25 / Members \$ 20

Community Room behind the
Medical Centre, Te Anau NZ

Bookings

www.teanauyoga.co.nz



Kundalini Yoga as taught by Yogi Bhajan supports us to become physically and mentally strong by creating a strong nervous system and healthy glandular and immune system so that we may live a life full of radiance and abundance.

It is a transformational practice using dynamic posture, breath, mantra, sound, meditation, and deep relaxation.

About Suraj Khalsa

New Zealand is her country of birth and she is of Maori descent - Ngai Tahu, Waitaha.

Suraj Khalsa has practiced meditation and healing for over 40 years. She is an international Lead Teacher, Trainer and Mentor in Kundalini Yoga & Meditation. She embraces the teachings of East and West and teaches across ages, languages, cultures and stages of life. She served as President of Ramadasa, center for the study of KY and Meditation in China and Asia Pacific for the past ten years. She developed the Awakened Woman series of teachings, including Relationship, Pregnancy & Childbirth, and brought the first Women's Camps to Israel and China. Suraj's light touches many hearts.

For more information: ramadasa.com.au